

# Healthy Eating Makes the Grade

## ACTION UPDATE

February 2012

MUSIC	CU	CU		CU	CU
PHYSICAL EDUCATION					
ARITHMETIC	A-	A-	A-	B+	A
Level of instruction					
Understands the meaning of numerals	+	+		+	+
Knows and uses number facts	+	+		+	+
Solves problems by reasoning	+	+		+	+
LANGUAGE	A-	A-	A-	A-	A
Level of instruction					



### SAVE THE DATE!

#### Get the Dirt on School

**Gardens:** A workshop for creating and sustaining your school garden for parents, volunteers, school and daycare staff.

**February 25**

**2:00 – 4:00 pm**

**Oliver Road Community Centre**

For more information, and to register, contact Erin Beagle at [Erin.Beagle@redcross.ca](mailto:Erin.Beagle@redcross.ca) or call 709-0418

*\* This event is part of the Seedy Saturday and Garden Extravaganza which runs from 1–4. For details go to [TBDHU.COM](http://TBDHU.COM)*



### WINTER HIGHLIGHTS FROM THE STEERING COMMITTEE

- The HEMG wiki was launched and now has 30 members! The wiki site is a collaborative website where we can all keep in touch with the project, post resources and communicate between meetings. Check it out at: [www.wikitbhemg.wikispaces.com](http://www.wikitbhemg.wikispaces.com)
- Four Steering Committee members attended the MESH event, an innovative approach to community development. [www.meshtbay.ca](http://www.meshtbay.ca)
- The Thunder Bay Food Charter (TBFC) has been adopted to be the guiding principles for the work we are doing in each working group. The TBFC has been endorsed by the public and separate school boards, as well as the City of Thunder Bay. The charter encompasses the values and aims we are trying to accomplish with HEMG.

### MORE HIGHLIGHTS...

- We discussed the need to take a balanced approach when promoting healthy lifestyles. We want to ensure that the many factors impacting one's overall health (healthy eating, physical activity and self-esteem) are recognized in the project rather than defining health exclusively in terms of weight.

#### **FEBRUARY 15<sup>th</sup> Partnership Meeting Cancelled!**

The purpose of the meeting was to regroup and see how the project was doing as a whole. However, since the working groups are meeting regularly and progressing on projects, the Steering Committee felt it would be better to hold a spring sharing session for the four School Food Ambassador Groups (students and teachers).



**HEART & STROKE FOUNDATION** This project was made possible through funding from the Heart and Stroke Foundation.



**CANADIAN RED CROSS  
CROIX-ROUGE CANADIENNE**



**Thunder Bay District Health Unit**

## **YOUTH FOOD AMBASSADOR GROUPS ON A ROLL**

On November 30, a retreat was held that involved Churchill CVI and Superior CVI, as well as Hammar skjold and St. Ignatius High Schools who joined as new Food Ambassador groups. Students and teachers explored what healthy eating means to them, how the food choices of teens are influenced, and strategies for promoting health messages at school.

Hammar skjold's Live Smart Food Ambassador group ran two successful salad bars and is collaborating with their Natural Helpers group to engage more students in making healthy food choices.

Superior's Food for Thought team finished 7 salad bar weeks, sold smoothies during lunch hours and sold coupon books for local businesses offering discounts for healthy foods and/or activities.

Churchill's Food Ambassador Team collaborated with Mr. Pilot's classes to run the third annual 100 K food day. Students cooked up foods all found within a 100 km radius of Thunder Bay over an outdoor fire!

Another retreat is being planned for March, where students and teacher champions will share their success and challenges.

All high schools have been invited to start a group. For more details, contact Karling at: [Karling.zaporzan@tbdhu.com](mailto:Karling.zaporzan@tbdhu.com)

## **WANT FOOD SAFETY ADVICE FOR SCHOOL EVENTS OR PROJECTS?**

Connect with your school's public health inspector to arrange an education session. Contact Allyson Veneziano, Public Health Inspector by phone at 625-5992 or email [Allyson.veneziano@tbdhu.com](mailto:Allyson.veneziano@tbdhu.com) Information can also be found at [TBDHU.COM](http://TBDHU.COM)

## **MAKING CONNECTIONS TO SUPPORT SCHOOL GARDENS**

The School Food Garden Committee has met three times since the launch of HEMG. It involves parents, teachers, LU faculty and administrators.

Curriculum is being developed to integrate school food gardens more closely with the primary and junior grades with a focus on building curriculum around 'Mentor Texts' and making them accessible for schools.

Delegations to both the public and separate boards have been requested in order to propose the adoption of a 'Statement of Support' for school food gardens. To see a sample of what this could look like visit the HEMG wiki.

For more details, contact Jen at [laileyjen@gmail.com](mailto:laileyjen@gmail.com) or Janice at [janice.piper@tbdhu.com](mailto:janice.piper@tbdhu.com)

## **MOVING FORWARD WITH HEALTHY SCHOOL FOOD ZONES**

The Healthy School Food Zone Committee has now increased it's capacity to include representatives from City Council and the City's planning department, staff and administrators from public and separate school boards, and the Health Unit.

A survey will be going out to local high school students to investigate how food environments around schools influence students.

Committee members have also researched other municipalities HFZ ordinances to compare with our Thunder Bay situation.

A GIS mapping project is getting under way in partnership with the City and Lakehead University to determine what the food environment around schools looks like.

For more details, contact Catherine at [Catherine.Schwartz@tbdhu.com](mailto:Catherine.Schwartz@tbdhu.com)

## **DIG OUR WIKI!**

A wikispace has now been created for everyone involved with the project and the public to interact with.

What's a wiki? It's a website that allows members to contribute to the content of the pages. Members can contribute to discussions, post and download resources, and stay in touch with the larger project.

To get connected, go to [www.wikitbhemg.wikispaces.com](http://www.wikitbhemg.wikispaces.com) and click on 'JOIN' in the upper right hand corner. Your request will be forwarded to Joel or Erin. You don't need to be a member to see the great resources and links that have already been posted – start exploring!

Here's an idea of what you'll find on the wikispace:

- The "Topsoil Availability Demo" instruction sheet which illuminates how precious and rare quality topsoil is on the planet, and puts it into perspective based on other geographical features on the earth.
- School Advocacy Ideas - a list of easy and effective ways students can advocate for change.
- The 'Healthy Food Zones Fact Sheet' - a great one-pager to educate everyone on the who, what, when, where and why of HFZ.

